

Plenary Speakers

Patrick McGorry AO MD PhD FRCP FRANZCP is the Executive Director of Orygen, the National Centre of Excellence in Youth Mental Health and Professor of Youth Mental Health at the University of Melbourne. He is a world leading researcher in early intervention for emerging mental illness in young people. Dr. McGorry has played a major role in mental health reform both nationally and internationally, including the development and scaling up of **headspace**, Australia's National Youth Mental Health Foundation. He was named Australian of the Year 2010.



David Shiers is an over-involved dad. From initial complaints in the mid 90's, Dr. Shiers began a journey of collaboration to transform services so others would not experience what his family had. He stopped his GP job in North Staffordshire to co-lead the UK's Early Intervention in Psychosis programme (2004-10), as well as becoming a key contributor to the WHO Early Psychosis Declaration.

Retiring in 2010, Dr. Shiers has continued to promote the importance of tackling the poor physical health of people with psychosis through participation in relevant NICE guideline and quality standards development groups. More recently he contributed to Healthy Active Lives (HeAL – launched June 2013), an international consensus statement on the importance of an early intervention approach to preventing future poor physical health.



Ashok Malla MBBS FRCPC MRCPsych DPM is a Professor of Psychiatry at McGill University, where he holds a Tier 1 Canada Research Chair in Early Psychosis, with an adjoint appointment in the Department of Epidemiology and Biostatistics and is an editor of Social Psychiatry and Psychiatric Epidemiology. Dr. Malla has been the founding Director of the Prevention and Early intervention Program for Psychoses (PEPP-Montréal) at the Douglas Mental Health University Institute (2003-2014) and is currently leading a national research project on the transformation of youth mental health services (ACCESS-Canada). His clinical and research interests have been primarily related to pursuing the goal of understanding neurobiological, psychosocial and cross-cultural aspects of multidimensional outcome in psychotic disorders, with special emphasis on early phase psychosis and early intervention, and more recently on youth mental health.



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Marie Asuncion has schizophrenia but does not let that define her. In her commitment to wellness and recovery she is determined to achieve all the goals she had for her life before having to face the diagnosis of this disease. Ms Asuncion has already done much to meet her goals: she graduated from the University of Toronto Music School with a Bachelor of Music in Performance in Harp in 2007. She also has a certificate in teaching English as a Second Language. Ms Asuncion currently teaches ESL, has a private music studio teaching harp students and also performs her harp at various engagements around Toronto.

Ms Asuncion was the 2007 recipient of the Centre for Addiction and Mental Health (CAMH) Transforming Lives Scholarship was chosen as an Olympic Torch Bearer for the Vancouver games. She does volunteer work across the province, talking to young people and families about schizophrenia and psychosis and is active with the Schizophrenia Society of Ontario and CAMH and has been featured in several documentaries, radio ads and newspaper articles.

Jesse Bigelow had a good childhood until he fell ill with schizophrenia in his late teenage years. He went through some tough times but after a few years found himself in recovery. His faith, medication, supports, karate and now yoga have kept him well. Mr. Bigelow was a peer support worker at CMHA for eight years and now is very much involved in his great friend's business StartsWithMe.



Session and Poster Presenters

Ofer Agid MD is staff psychiatrist in the Schizophrenia Program and medical leader of the Home Intervention for Psychosis (HIP) team at the Centre for Addiction and Mental Health in Toronto. He is also Associate Professor in the Department of Psychiatry at the University of Toronto. His research focus is psychopharmacology in schizophrenia, specifically early response to antipsychotic medications and early predictors of response. His work has uncovered a new “early onset of action” hypothesis of antipsychotics, which has impacted current practice guidelines for the treatment of schizophrenia. With the HIP team, Dr. Agid initiated an algorithm-based treatment approach for first-episode schizophrenia while collecting extensive clinical data. This algorithm was implemented to optimize antipsychotic treatment during the earliest stages of the illness. This systematic and standardized approach has resulted in a large and comprehensive database; the published data to date have provided clear, empiric evidence that clinicians can use in approaching the pharmacological management of first-episode schizophrenia.

Milinda Alexander OT Reg. (Ont.) is the Clinical Supervisor at the Hamilton Program for Schizophrenia, a case management service. As a Lecturer (Adjunct) in the School of Rehabilitation Sciences, McMaster University, she is also enthusiastically involved with the Occupational Therapy Program. She became a faculty member of the Institute for Healthcare Communication in the Fall of 2013 and has delivered the Choices and Changes workshop to well over 300 clinicians, in small group format. Ms Alexander’s career has spanned assessment of injured workers, mental health – acute assessment programs, first episode psychosis, schizophrenia and forensic psychiatry, as well as acquired brain injury and private practice as a capacity assessor under the Substitute Decisions Act.

Suzanne Archie MD FRCPC is an Associate Professor with the Department of Psychiatry and Behavioural Neurosciences at McMaster University and is the Clinical Director of the Cleghorn Program at St. Joseph’s Healthcare Hamilton, an early intervention in psychosis program. She is also the Chair of Research for EPION. Dr. Archie has published on different aspects of first episode psychosis and early intervention.

Saima Awan is a Senior Manager of the Integrated Care Pathways program at the Centre for Addiction and Mental Health (CAMH). She has successfully implemented innovative and sustainable solutions to enhance clinical processes, patient care and overall clinical efficiency. In her current role she has designed and utilized the methodology of developing Integrated Care Pathways for Mental Health and Addictions. This work has been recognized by peer hospitals and provincial health agencies. She has built internal and external collaborations across the institution with Clinical Programs, Research, Education and works closely with clinical leadership, managers, frontline clinicians and physicians. Ms Awan received her MBA from Queens University (Canada);

she also holds certifications in LEAN/Six Sigma Black Belt, Project Management Professional and Quality Improvement/Patient Safety. She is co-leading the new ARTIC project called Depression and Alcoholism – Validation of an Integrated Care Initiative (DA VINCI).

Eleanor Baker of Toronto is a Registered Nurse and has 32 year old son who was diagnosed with a serious mental illness in 2000. Since 2002 she has been an active member of the Schizophrenia Society of Ontario – Toronto Region, and is the Chair of the Local Volunteer Committee. She has also participated in fund raising projects to support Mental Health and Addiction programs for clients and families, and has been involved in various advocacy initiatives. Ms Baker was a member of the Toronto Central LHIN Mental Health & Addictions Steering Committee & Family Advisory Panel from 2007-2010 and is a member of the Early Psychosis Intervention Ontario Network representing Families. She has had valuable opportunities to attend presentations by experts in the field of Early Intervention in Psychosis research and treatment, and to network extensively with service providers, clients and families.

Sabrina Baker MSW RSW has almost forty years of experience as a certified social worker providing family-centred mental health care, including eight years with the First Episode Division at the Centre for Addiction and Mental Health (CAMH). She currently works in private practice with a special focus on working with families affected by mental health and addiction to promote their recovery through education, support and counseling. Her work also includes teaching and writing for publication.

David Barkley is a Peer Support worker with the LYNX EPI program in Peterborough and surrounding area. He has been delivering the Open Your Mind high school education program presentations for over 12 years. He also does one on one peer support, group facilitation and program development.

Terry Bedard began her 18 year career in mental health as a research assistant at the North East Mental Health Centre (NEMHC), a position she shared with NEMHC’s Assertive Community Treatment Team. On ACTT Ms Bedard worked with clients who had been in a hospital environment for long periods of time, and were now looking forward to living in the community. Nine years ago, the thought of helping younger people who were experiencing psychosis get help early and possibly avoid the chronic trajectory mental health sometimes takes, was very appealing. She began to work with the Regional Early Intervention in Psychosis Program (REIP) in 2006 where she is currently the Outreach Specialist with the Regional Early Intervention in Psychosis program of Northeastern Ontario. In 2014, Ms Bedard, along with Dr. Chiachen Cheng, accepted the position of Co-Chair for EPION.

Christopher R. Bowie PhD CPsych is an Associate Professor in the Departments of Psychology and Psychiatry, and a member of the Centre for Neuroscience Studies, at Queen's University in Kingston, Ontario. He is the Head Consulting Psychologist for the Head's Up Early Psychosis Intervention Program in Kingston and a Clinician Scientist at the Centre for Addiction and Mental Health in Toronto. His research interests focus on determining the causes and correlates, and developing treatments for, cognitive deficits in chronic mental disorders such as schizophrenia and mood disorders. Dr. Bowie is the author of over 100 peer reviewed scientific publications and several books and book chapters on cognition in chronic mental illness, including a co-editor of the forthcoming: *Cognitive Remediation to Improve Functional Outcomes*. Currently he is leading multiple trials of cognitive remediation for chronic mental disorders and studying early intervention for mental illness.

Amy Bowins MSW, RSW has worked in the field of social work for over 10 years with a specific focus on mental health and addictions. For the past 2 years she has held the position of case manager for the Prevention and Early Intervention Program for Psychosis in Grey and Bruce Counties. Her role is to educate, support and advocate for clients and their families who are experiencing a first episode of psychosis. She has presented on the topic of mental health both at the local and provincial levels as well as providing training on stigma reduction to the local education sector.

Sarah Bromley OT Reg. (Ont.) works in the First Episode Psychosis Clinic (outpatient clinic) at the Centre for Addiction and Mental Health in Toronto. Her primary role is case manager with some OT specific functions related to cognitive, social functioning, and independent living needs assessment and intervention. She is currently facilitating a Concurrent Disorders group and the Cognitive Behavioural Social Skills Training group. In addition, Ms Bromley contributes to a number of CAMH initiatives including: the Beyond the Cuckoo's Nest public education program; the development of the Integrated Carepath for Early Psychosis Intervention, and the Psychosocial Intervention working group. Sarah is the chairperson of EPION's Community of Interest which has developed partnerships with the education sector and strives to establish additional partnerships with other sectors, to promote the early detection and the facilitation of access to services for those experiencing or are at risk of developing psychosis. Sarah is a lecturer at the University of Toronto.

Erin Chan MSc OT Reg. (Ont.) has worked as an occupational therapist for the STEPS for Youth team at St- Michael's Hospital in Toronto for the last five years. She has been in the role of team leader for the past six months.

Bharat Chawla MD FRCPC is the Lead Psychiatrist for the LYNX Program in the Haliburton, Kawartha, Pine Ridge district, and holds the position of Chief of Psychiatry/Medical Director at Ross Memorial Hospital in Lindsay, ON. Dr. Chawla is also a staff psychiatrist with Peterborough Regional Health Centre.

Chiachen Cheng MD FRCPC is a Child and Adolescent Psychiatrist and Physician Researcher. Dr. Cheng completed her Child and Adolescent and Adult Psychiatry residencies at McMaster University and her medical degree at Queen's University. She moved to Thunder Bay after completing a Masters of Public Health at Harvard University and a clinical fellowship with the Cleghorn Program (at McMaster University) and has been Medical Director of First Place Clinic and Regional Resource Centre in Thunder Bay since its inception in 2006. While Dr. Cheng's primary research interest is Early Psychosis Intervention, she is also interested in evidence based practice as it interfaces with paediatric mental health policy, as well as models of care for vulnerable populations in rural/remote settings. In 2012, Dr. Cheng was awarded a New Investigator Research Grant from the Sick Kids Foundation and the Canadian Institutes of Health Research – Institute of Human Development, Child and Youth Health for her work titled *What are the mental health service needs of youth in northern Ontario*.

Stuart Clarfield is the creator and producer of "The Family Guide to Mental Health Recovery" project and is Executive Producer of The Mission Media Company Inc. in Toronto. Mr. Clarfield has worked on dramatic and documentary film and television projects with distinguished artists such as Norman Jewison, Oscar Peterson, Don Cherry, Bruce Cockburn and RUSH. He brings a passionate dedication to improving mental health resources for families.

Kendra Clark MSc OT Reg. (Ont.) worked with the Niagara Region EPI program for nearly a decade and has now transitioned to working at West Niagara Mental Health-Hamilton Health Sciences in the Early Intervention Program for young people who are experiencing emerging mental health concerns. In her spare time, she enjoys playing outside with her girls and baking.

Gretchen Conrad PhD CPsych is a Clinical and Health Psychologist and a Clinical Professor with the School Psychology at the University of Ottawa. She has been employed at the Ottawa Hospital since 1993, working in a variety of contexts within acute mental health, including general in-patient and out-patient Psychiatry, the Eating Disorders Program, the Early Psychosis Intervention Program, and 2 years as the Acting Chief of Psychology. Throughout her career Dr. Conrad has been a strong advocate for youth mental health. She served as Co-Chair of the Early Psychosis Intervention Ontario Network (EPION) from 2009-2013. Currently she is on secondment to the Royal Ottawa Mental Health Centre as the Systems Planner for the Transitional Aged Youth (TAY) project, reviewing the delivery of addiction and mental health services in the Champlain LHIN.

Raelene Corbin MSc OT Reg. (Ont.) is employed by The Cleghorn Early Intervention Clinic in Hamilton, Ontario. She obtained her Master of Science in Occupational Therapy at McMaster University and a Bachelor of Arts and Business with honours in Speech Communication at the University of Waterloo. Ms Corbin's previous research interests include improving accessibility of public spaces and promoting age-friendly communities, supporting high end healthcare users to interface effectively with health systems, and improving the efficiency of functional assessments. Current research interests include the use of technology for supporting clients and increasing engagement, program quality improvement and group supports. Ms Corbin is also pursuing additional clinical training and experiences in dialectical behavior therapy skills training, motivational interviewing, applied suicide intervention skills training, and non-violent crisis intervention.

Karen Cripps earned an honours degree from Lakehead University (Concurrent Education Program) majoring in Geography and English. She started teaching with the Durham District School Board in 2007 and has been working with Grove School – Section 23, since 2010. In 2012 Ms Cripps specialized her teaching skills in the Mental Health Sector as she started working on the Youth Mental Health inpatient unit at Lakeridge Health Oshawa. There she identified a need to further support students with their transition to the Durham AMAZE EPI Program. From there she created a partnership with Lakeridge Health Durham AMAZE EPI to provide consistent school support that meets individual needs while on their journey to recovery.

Leila Daghar is a graduate from Ryerson University's Nursing program and has worked at Centre for Addiction and Mental Health on the Early Psychosis Unit for 6 years. She has been an active member in organizational initiatives and committees such as Nursing Practice Council, the Best Practice Spotlight Organization, and most recently, the Integrative Care Pathway for First Episode Psychosis. She also provides coverage as a clinical instructor for University of Toronto nursing students during their psychiatry rotation. She is currently completing her Masters of Nursing at Ryerson University.

Paula Dawson is a RN Care Coordinator at the Cleghorn Early Intervention Clinic in Hamilton Ontario and has held this role for over 10 years. Her nursing experience encompasses the full spectrum of the mental health continuum in general psychiatry and psychotic illnesses in particular, as well as care management in a home health service. Previous career path activities included Recreational Therapy Assistant and Veterinary Assistant. The diversity of human service has been helpful in grounding a client centred approach to care. Ms Dawson has acted in a Pilot Study Coordinator role for a tool, in development at the time, which we now know as the RAI-CMH (Community Mental Health) instrument. This instrument can be used to identify change, inform care planning and can flow communication in transitions to other levels of care. Ms Dawson continues to support many projects of research, quality improvement and program

evaluation nature that occur within the clinic and institutional environment.

Kristy Day MSW RSW has been working and volunteering in social service organizations for over 20 years. Her diverse career has taken her from child and youth therapy to homes for the aged; from years in child welfare to years in specialized adult mental health outpatient clinics; and most recently, a move into early psychosis intervention. In her current position at Lakeridge Health she maintains a caseload of individual clients, runs client groups and also facilitates her program's family support group. Her other clinical interests include mood disorders, women's health, use of CBT in individuals and groups, psychopharmacology, anosognosia, and engagement with difficult to reach clients.

Anthony DiGiacomo PhD(c) MA RP CCC is a Family Specialist with The Phoenix Program – Early Intervention Service of Halton Region (North Halton Mental Health Clinic site). He is also a PhD candidate in the School of Rehabilitation Science, Faculty of Health Sciences, at McMaster University. Mr. DiGiacomo has research, publication and presentation interest and experience in: mindfulness-based interventions, cognitive-behavioural therapy, the use of creative arts in therapy, knowledge translation, and the use of evidence-based practices in interdisciplinary mental health treatment.

Colin Dundas graduated from Centennial College after completing the Child and Youth Worker Program in 1994. He has been working in mental health in various capacities over the last 21 years. In 2002, he joined The Child Youth and Family Program at Lakeridge Health where he assisted in the development of the Intensive Ambulatory Day Treatment Program and was the Lead Hand for the C.Y.Ws in the development of the New Adolescent Inpatient Unit. He is currently the In-take Co-ordinator and Case Manager at the Durham AMAZE EPI Program, Lakeridge Health.

Janet Durbin PhD is a Research Scientist in the Provincial System and Support Program, Centre for Addiction and Mental Health, and has appointments at the University of Toronto in the Department of Psychiatry and the Institute of Health Policy, Management and Evaluation. Her research is focused on implementation and evaluation of mental health systems and services. Current projects are focused on Early Psychosis Intervention Program Standards in Ontario, delivery and impact of strengths based case management, and practice change to improve quality of primary and emergency care for patients with developmental disabilities.

Michelle Farah received her Bachelor's of Science in Nursing degree from McMaster University and has 21 years of experience in Mental Health. She has also worked in other acute care facilities including medical surgical and critical care. Ms Farah is creative and innovative and is ready to face any challenges that may come her way. She is an active member of the Integrated Care Pathway working group team and has contributed towards the successful implementation of this initiative.

Manuela Ferrari MHS PhD is currently a Post Doctorate Fellow, Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton. She received her doctoral degree in Health and Behavioral Sciences at the Dalla Lana School of Public Health, University of Toronto and completed a Post-Doctoral Fellowship within the Health Systems & Health Equity Research Group, at the Centre for Addiction and Mental Health (CAMH). As Social Aetiology of Mental Illness (SAMI)-CIHR Fellow, she implemented a knowledge-exchange project: the Re-Tracing the African, Caribbean, and European (ACE) Pathways to Care in First-Episode Psychosis (2013 CIHR Dissemination, Grant, PI: Dr. Kwame McKenzie). Academically, Dr. Ferrari is interested in understanding the relationship between gender, culture, and mental health as well as in art-based research/approaches. At a scholarly level, she has produced several peer-reviewed publications in the area of eating disorders/obesity prevention, immigrants' mental health, access to care, health equity, e-health and advocacy.

Catherine Ford is a Senior Policy Advisor with the Ministry of Child and Youth Services. She spent 15 years in the Ministry of Health and Long-Term Care, much of it on mental health and addictions policy. Ms Ford was involved in funding early psychosis programs across Ontario through the Health Care Accord, and was the ministry lead for EPI standards development and implementation. Currently, she is acquainting herself with the child and youth mental health sector through the Moving on Mental Health initiative.

Leah Gardiner is the Director of Development and Senior Facilitator for Mindfulness Without Borders Canada, overseeing program strategy and working to develop and deepen stakeholder relationships. Ms Gardiner holds a BSc in Biological Anthropology and postgraduate Certification in Non Profit Management and has over a decade of experience working with young people and professionals in various educational and leadership capacities. As a Senior Facilitator, Ms Gardiner stewards youth and professional development programs in GTA high schools, at the University of Toronto's Applied Mindfulness Program, with the Prevention and Early Intervention Program at London Victoria Hospital and through MWB's online courses and trainings for global learners.

Jeff Gauthier completed his MA in Criminology at the University of Toronto along with a collaborative program in addictions through the Centre for Addiction and Mental Health. He has been a Senior Addiction Counsellor for Lakeridge Health for 15 years; working at Pinewood Centre, a community addictions agency, and for the past seven years at the Durham AMAZE Early Psychosis Intervention Program. He has worked part-time for seven years facilitating Partner Assault Response groups for men who have been charged or convicted of domestic abuse.

Cory Gerritsen PhD CPsych (Supervised Practice) is a postdoctoral research fellow at the Focus on Youth Psychosis Prevention (FYPP) Clinic, Centre for Addiction and Mental Health. He is a local coordinator for the PSYSCAN initiative,

an international collaboration to improve the prediction of conversion between at-risk mental states and psychotic disorder. He completed a predoctoral internship in the CAMH Schizophrenia and Law and Mental Health services in 2014. His research focuses on cognitive and motivational aspects of schizophrenia-spectrum disorders.

Amar Ghelani MSW RSW is a social worker with the Canadian Mental Health Association – Toronto with experience in individual/group therapy, crisis intervention, public education, CBT, housing, concurrent disorders and Aboriginal healing approaches. During his off time, he is also a professional musician.

Brenda Gladstone PhD is a SickKids Foundation/CIHR New Investigator in the Child and Youth Mental Health Research Unit, Department of Psychiatry, SickKids, and Assistant Professor in the Dalla Lana School of Public Health, University of Toronto. Dr. Gladstone is recognized internationally for her innovative research with young people. Her program of research examines intergenerational experiences of mental health and illness, an important but largely unacknowledged influence on the (mental) health and wellbeing of Canadian families, focusing on parental mental illnesses. She uses multi-method qualitative, arts-based and participatory approaches to bring young people's voices into debates about their health and social care needs by engaging families, clinicians, educators and other decision makers in an integrated knowledge creation and translation process.

Gillian Gray MSW RSW is the Executive Director at the Family Outreach and Response Program (FOR) in Toronto. FOR offers recovery oriented mental health supports to youth and families, with an emphasis on EPI family support. Ms Gray, like the other staff at FOR, draws on her lived experience of mental health distress to inform her work. She has worked in the mental health field in a number of capacities – community programming, research and policy. Ms Gray holds an MSW from U of T, BSc in Behavioural Neuroscience from McMaster University, and is trained in Acceptance and Commitment Therapy.

Yarissa Herman PhD CPsych received her doctoral degree in clinical psychology from the University of Western Australia. She completed her pre-doctoral internship with street-involved youth diagnosed mental health and addiction difficulties. Her doctoral research explored the relationship between cognitive functioning and outcomes in addiction treatment. Dr. Herman is currently a psychologist in the Schizophrenia Division of the Complex Mental Illness Program at the Centre for Addiction and Mental Health (CAMH). The focus of her clinical and research work is the development, implementation and evaluation of evidence-based interventions for individuals with severe mental illness and concurrent substance use disorders. Alongside her clinical work, Dr. Herman provides training and supervision across a number of therapeutic modalities including cognitive behaviour therapy, motivational interviewing, and mindfulness-based interventions.

Kim Hewitt OT Reg (Ont.) has noticed the power of engaging in meaningful occupation for people recovering from psychosis over the past 6 years as the occupational therapist on the 1st Step, Early Psychosis Intervention Team at Canadian Mental Health Association Waterloo Wellington Dufferin. She believes that all people have a valuable contribution at every stage and participating in doing something meaningful can be a conduit to healing and moving forward. She feels privileged to work with people who are recovering from psychosis who are open to set goals around healing through doing.

Haley Hood started her career with CMHA HKPR as a peer support worker in the LYNX Early Psychosis Intervention Program, and has since become a relief life skills worker/peer support worker in the Phoenix program, a relief Peer support worker at Crisis Safe Beds, and Reach for Recovery. Ms Hood's educational background is in addictions counselling and she has taken W.R.A.P level 1 and 2 training, as well as other relevant training. All of this combined with her lived experience has allowed her to become comfortable in her peer support roles. Within The LYNX Program Ms Hood has been part of the Open Your Mind program, where she has shared her journey in wellness. Open Your Mind is a program that educates high school students on mental health and stopping the stigma.

Erin Horlings BAH MA(c) is an addiction clinician with the Phoenix EIP Program in Halton Region with over 11 years of counselling experience. After completing an undergraduate honours degree in Psychology at the University of Guelph, a year abroad in Amsterdam piqued her interest in addiction treatment. Upon return to Canada, Ms Horlings obtained a post-graduate diploma from Georgian College in Addiction Treatment & Prevention, earning the Casino Rama Advocacy Scholarship for demonstrating exceptional commitment to client centred care in the field. Practice settings have included both residential and outpatient addiction treatment settings with a focus on concurrent disorders, youth, and corrections populations. Erin is a dedicated volunteer for the Halton Suicide Prevention Coalition with a passion for public speaking. Her professional experience has also included clinical supervision consulting for Stonehenge Therapeutic Community and a role as a youth educator with the Talking About Addiction and Mental Illness (TAMI) Program.

Jennifer Jackson OT Reg (Ont.) is an Occupational Therapist with a background in physical education. She has been working in the EPI field for the past 11 years. Her current role is as clinical leader and intake clinician in the Heads Up! Early Intervention in Psychosis Program in Southeastern Ontario. Over the years her role has primarily been doing case management, providing recovery focused intervention one-to-one and in a group format to both clients and families.

Lisa Jeffs completed her B.A. (Hons) in Sociology and Women's Studies at the Western University, and her Masters of Education in Counselling Psychology from OISE/UT. She developed and managed the Cleghorn Early Intervention in

Psychosis Program for almost 10 years until being seconded to develop the Youth Wellness Centre at St. Joseph's Healthcare Hamilton. In October 2014, Ms Jeffs also took on the role of Early Intervention Project Implementation Coordinator for the HNHB LHIN. In this role she oversees the expansion of youth mental health and addictions services across the LHIN to ensure consistency in service development, delivery, and evaluation.

Shivali Kapila is a project manager in the Integrated Care Pathway program at CAMH. She has successfully designed and implemented four ICP's at CAMH focusing on Early Intervention, First Episode Psychosis, Bipolar depression and management of agitation and aggression in an Emergency Department setting. She has a degree in Biotechnology and is certified in Project Management, Clinical Research, Patient and Family Engagement and Quality Improvement. She has gained extensive healthcare experience in areas of health administration, planning, research, evaluation and has worked at organizations such as the Community Care Access Centre (CCAC), Institute for Clinical Evaluative Science (ICES) and Community Care Information Management (CCIM).

Tara Laing OT Reg (Ont.) is a mental health occupational therapist, who is also a filmmaker. She has worked in EPI since 2002, at first at CAMH's LEARN program, and currently in the mood and psychosis program, The Early Intervention Clinic (EIC). She is a part time lecturer at the University of Toronto's Occupational Science and Occupational Therapy Program, and is a candidate for the Masters of Rehabilitation at McMaster University. She has travelled to Ethiopia to teach mental health professionals, and presented at CANMAT, the Canadian Association of Occupational Therapists annual conference, and EPION.

Gordon Langill MSW RSW has provided mental health services since 1980, primarily to young people, in various settings, including the wilderness, the street, group homes, schools, hospitals, community mental health programs and private practice. Since 2001 Mr. Langill helped to develop networks of Early Psychosis Intervention Programs near Peterborough and across Ontario. He currently chairs the provincial EPI Standards Implementation Steering Committee. Mr. Langill is a Director of Programs and Services at Canadian Mental Health Association, Haliburton Kawartha Pine Ridge branch, and continues to serve young people in his counseling practice.

Sandra MacLean completed her honors BSCN in 1997 and has worked as a mental health nurse for most of her career. Presently she is working towards her Masters in Psychiatric Nursing through Brandon University. Ms MacLean has held the position of Family Care Coordinator (FCC) at First Place Clinic (FPC) for two years and is currently transitioning into the role of Nurse Care Coordinator at FPC. Ms MacLean's passion is mental health nursing, growing in her role and profession from all that she has learned from families and the interdisciplinary team at First Place Clinic in Thunder Bay.

Ashley MacNaughton started her career as a Registered Practical Nurse working in Long-Term Care. She is now an RN who has worked with CAMH for nearly 4 years. She started at CAMH with the New Grad Initiative on The Integrated Rehab Unit. She then spent some time on The Mood and Anxiety Unit. In 2012 Ms MacNaughton went on to work on The Early Psychosis Unit where she currently remains. She just recently enrolled in the Primary Health Care-Nurse Practitioner Program at the University of Toronto in hopes to continue her work with individuals living with mental illness.

Arlene MacDougall MD MSc FRCPC is an Assistant Professor in the Department of Psychiatry at Western University and a psychiatrist with the Prevention and Early Intervention Program for Psychoses (PEPP) at London Health Sciences Centre and the Southwest Aboriginal Health Access Centre (SOAHAC) in London, Ontario. She is a clinician-researcher in the areas of early psychosis and global mental health. After obtaining her medical degree from the University of British Columbia, she went on to complete her psychiatry residency and master's degree in neuroscience at McMaster University. She subsequently performed a joint-fellowship in Global Psychiatry and First Episode Psychosis at Dalhousie University. Dr. MacDougall is studying the use of mindfulness meditation and participatory video interventions to promote recovery among youth experiencing early psychosis. She is also leading a multi-institutional Grand Challenges Canada funded project (www.createkenya.com) involving the development of a social business and accompanying psychosocial rehabilitation toolkit as a means of creating meaningful employment and fostering overall functioning of people living with serious mental illness in Kenya.

Mike Menu has trained as a National Education Alliance Borderline Personality Disorder (NEABPD) Family Connections leader and co-facilitates skills training in community settings for families with a loved one with Emotion Regulation Disorder. He is a co-founder of The Sashbear Foundation, a registered charitable organization in memory of his daughter Sasha, who suffered from Borderline Personality Disorder and died by suicide in June of 2011. The Sashbear Foundation's mandate is to spread awareness of life coping skills. Sashbear initiatives include educational presentations to students, teachers, parents and mental health professionals on effective skills that can be applied when interacting with others, especially for people who struggle with regulating their emotions.

Morgan Mitchell holds a BSc Honours in Biology and Psychology with an emphasis in Health Sciences. She went on to do her post grad in Therapeutic Recreation. She gained her professional training while working at Sunnybrook Health Science Centre. She was a member of the Sunnybrook team while they were developing their Leading Practice related to Quality of Life. Over the years, Ms Mitchell has developed her skills while working with a variety of populations, from children to older adults. She is currently working as part of Lakeridge Health's Early Psychosis Intervention team and is the first Recreation Therapist in Ontario in a specialized Addiction Supportive Housing Program. She is now

developing a Leading Practice in regards to Recreation Therapy and Addiction. Ms Mitchell continues with Mental Health advocacy endeavors outside of work by speaking at various community forums such as HIGH FIVE, Parks and Recreation Ontario and Alberta Parks and Recreation.

Shevaun Nadin PhD holds a doctorate in Experimental Social Psychology from Carleton University, and a Masters in Applied Social Psychology from the University of Saskatchewan. An applied health researcher, her primary research interests are in the area of program evaluation; both practice and theory. She has worked on a number of applied health and evaluation projects that focus on assessing health needs and services, and the evaluation of health services - especially in rural and remote communities in Ontario.

Jennifer Nguyen MD FRCPC is a Child and Adolescent Psychiatrist working with youth on the Concurrent Disorders Youth Inpatient Unit (CYU) at the Centre for Addiction and Mental Health. She obtained her medical degree at the University of Alberta then completed her Psychiatry and Child Psychiatry training at the University of Toronto. She went on to complete fellowship training in Addiction Psychiatry at the University of Maryland School of Medicine. She is certified in General Psychiatry as well as Addiction Psychiatry by the American Board of Psychiatry and Neurology. She is also Board Certified by the American Board of Addiction Medicine. Dr. Nguyen strives to provide high quality, developmentally informed psychiatric care to youth with mental health and addiction disorders and their families. She is passionate about teaching medical students, residents and fellows through the University of Toronto.

Karen O'Connor BSW MEd RSW is the Senior Director, Clinical Service and Strategic Planning at Canadian Mental Health Association, Peel Branch. She is also a past co-chair of EPION.

Sarah Orchard graduated from Carleton University in with a Bachelor of Arts (Honors) Degree, majoring in Sociology and after graduation began working as an Outreach Worker at Survivor's Psychiatric Advocacy Network. In this role, she gained experience in community based mental health practice as well as facilitated a group with Ross Memorial Hospital to connect patients to community resources. In 2013, she began working at Haliburton Highlands Mental Health Services as Counsellor / Case Manager for the general mental health population and in 2014 began her role as Counsellor / Case Manager with LYNX Early Psychosis Intervention Program. She believes in the importance of a balanced lifestyle and encourages clients to use the clinic's metabolic room as part of their treatment program.

Annalisa Rasmussen MSW is a Family Support Worker with the Halton/Peel Regional Office of the Schizophrenia Society of Ontario. She has a background in Social Work and Human Rights and has five years of experience delivering social services. Her interest has always been with mental health and its intersection with many other social issues, including the criminal justice system, homelessness, and violence against women.

Sharman Robertson BSc MD FRCPC is currently the Medical Director of the ON TRACK First Episode Psychosis program in Ottawa and assistant professor of psychiatry at the University of Ottawa. She also runs a clozapine clinic at the Schizophrenia program at the Royal Ottawa Mental Health Centre. She completed a biochemistry degree, medical school and psychiatry residency at the University of Ottawa. Her areas of research, teaching and presentation include first episode psychosis, management of metabolic derangement and psychosis, medical leadership, and women and psychosis. Dr. Robertson has presented locally and internationally. She teaches medical students and residents at the University of Ottawa.

Avra Selick MA is a research coordinator in the Provincial System Support Program at the Centre for Addiction and Mental Health. She received her master's degree in Health Policy and Equity from York University. Ms Selick has been working with EPION since 2012 to support Standards implementation. Other projects she is currently working on include implementing improved care for adults with developmental disabilities in emergency and primary care settings and designing a survey to assess the experience of family caregivers.

Elaine Stasiulis MA PhD (c) is a community-based Research Project Manager at the Hospital for Sick Children and a doctoral candidate in the Institute of Medical Science at the University of Toronto. Ms Stasiulis has overseen an extensive portfolio of qualitative and participatory arts-based health research projects involving children and young people experiencing mental health difficulties and other health challenges. Her doctoral research uses an institutional ethnographic approach to examine the social organization of an early psychosis intervention clinic in Ontario.

Garry Stephens is a Peer Support Coach with the First Step Early Psychosis Intervention Program, Canadian Mental Health Association Waterloo Wellington Dufferin. His role includes running social and activity groups such as a Games Group and work and volunteer related groups such as with Habitat for Humanity. He also meets with clients one on one, and uses his lived experience to help clients and peers with challenges they may be facing.

Taryn Tang PhD has been Head of Research at the Schizophrenia Society of Ontario (SSO) since 2012. She is also Assistant Professor in the Department of Psychiatry at the University of Toronto. Dr. Tang earned her PhD from the Department of Human Development and Applied Psychology

at the University of Toronto. She was previously a Research Scientist at the Centre for Addiction and Mental Health, specializing in gender issues, immigration and their effects on mental health. At the SSO Dr. Tang is Research Lead of a new national initiative, the Canadian Institute for Social Innovation in Mental illness. Under her leadership, the Research Department has been conducting outcome evaluation of programs and services offered at the SSO. They have also recently completed two research projects exploring experiences of individuals and families affected by schizophrenia and psychosis among diverse communities across Ontario, including LGBTQ communities and ethno-racial youth and family members.

Kelly Tanner OT Reg (Ont.) is an Occupational Therapist working at The Cleghorn Early Intervention Clinic in Hamilton, Ontario. She obtained her Master of Science in Occupational Therapy and Bachelor (Hons.) in Kinesiology at University of Western Ontario. Ms Tanner has worked in a wide range of mental health programs including outpatient mood disorders, child and youth acute mental health and currently first episode psychosis as well as the Psychotic Disorders team. She has pursued training in CBT, DBT, mindfulness and motivational interviewing techniques and thoroughly enjoys using a group format for therapeutic intervention. Most recently, she initiated a community-based volunteer group and will be co-facilitating a DBT based skills group in the new year.

Melissa Thompson RPN works in the EPI program of Haliburton Highlands Mental Health Services as a Case Manager and EPI Nurse. Previously she worked at Ross Memorial Hospital with the inpatient unit and with Paramed Home Care. She graduated as a Registered Practical Nurse from Fleming College in 2007. Since that time she has gained a vast amount of experience and knowledge within the Geriatric Population, Palliative Care, Chronic Pain Management, Rehabilitation and Home Care Support. Most recently she obtained the Mental Health Certificate through Mohawk College. Ms Thompson feels very fortunate to have the opportunity work within the Mental Health field and aims to continue to expand her role within the rural community as well as utilize her nursing expertise and aspects of her own lifestyle to help improve the lives of individuals within the community.

Bianca Tiron's experience encompasses working with diverse individuals in the areas of health and mental health. This includes providing counselling, facilitating workshops and support groups as well as coordinating programs for children and youth. As a Family and Youth Coordinator for Early Intervention in Psychosis Services, Mood Disorders Association of Ontario, she provides support to families and individuals aged 15-35 years old who are experiencing early signs of psychosis or who have been diagnosed with psychosis. Ms Tiron also facilitates psychoeducation presentations and coordinates recovery programs and peer support groups for individuals and their family members.

Chris Trimmer is a mental health crisis worker in Kingston, ON. He has a Master's degree in Music Cognition from Queen's University and has published research in the international journal, *Emotion*. Mr. Trimmer is presently attaining his PhD in Neuroscience and has co-developed the CBT/Music group therapy protocol. He plays in the band, The Gertrudes.

Richard Tyo studied Criminology at the University of Ottawa and has worked as a mental health crisis worker for the past 6 years. His passion for music has led him to co-develop a music group aimed at creating a positive dialogue for mental health to facilitate knowledge and coping skills.

Aristotle Voineskos MD FRCPC is Associate Professor of Psychiatry at the University of Toronto, and Director of the Slight Family Centre for Youth in Transition at the Centre for Addiction and Mental Health (CAMH), in Toronto, Canada. Dr. Voineskos also runs his own research program as Head of the Kimel Family Translational Imaging-Genetics Laboratory at CAMH. His work includes using structural and functional neuroimaging in medication-based, brain stimulation and behavioral treatment studies in schizophrenia and related disorders. He is currently leading several multi-site neuroimaging studies in North America, and holds operating funding as Principal Investigator from the National Institute of Mental Health in the U.S., the Canadian Institutes of Health Research, the Canada Foundation for Innovation, the Ontario Ministry of Research and Innovation, and from the Brain and Behavior Research Foundation as a NARSAD Independent Investigator.

Karrie Walker completed her Child and Youth Worker diploma in Sudbury Ontario in 1998. After working for a year at Youth Dale Treatment Centre, Re-Entry program, she moved back to Thunder Bay to be closer to family. She has a loving husband and 3 young children. Over the last 17 years, Ms Walker has worked in a variety of different settings, which includes Child Welfare, Youth Addictions and Autism. Over the last four years, she has worked within Canadian Mental Health Association, two years with a rent supplement program (court diversion program) and two years with the First Place Clinic as a Recovery Care Coordinator.

Jane Hamilton Wilson RN PhD is currently working as a professor and clinical tutor in Nursing at Conestoga College, where she has developed a college-wide mental health, anti-stigma program and is actively promoting knowledge exchange activities around it. She formerly worked with the original members of the Cleghorn Program as Family Educator for fifteen years. This clinical experience served to ignite her research interest in better understanding family caregivers. She is a member of multiple networks, including the International Association for Early Psychosis and the Mental Health Nursing Interest Group. Currently she is a member of the Advisory Council and former SPARK Fellow of the Mental Health Commission Canada. She graduated with her doctorate in Nursing from the University of Alberta. Her research focused upon First Episode Psychosis: the lived experience of parent caregivers.

Jessica Wilson BSc trained in Neuroscience and Psychology at the University of Toronto and after graduation, she worked as a psychometrist in a neuropsychology practice. She began working for Haliburton Highlands Mental Health Services in 2005 as a counsellor/case Manager for the adult general mental health program and in 2012 as case manager for the LYNX EPI Program. Focusing on a client centered holistic approach to mental health conditions and recovery she began developing and outfitting the metabolic monitoring room in 2014. Now in addition to traditional therapeutic interventions and collaboration with community partners, Ms Wilson helps promote healthy lifestyle changes and physical activity in her treatment plans for clients.

Tatiana Wyse is the Clinical Lead Family Worker for the Early Intervention Program at the Schizophrenia Society of Ontario. She is a member of the Canadian Psychological Association and the Ontario Association of Counselors, Consultants, Psychometrists and Psychotherapists. Ms Wyse possesses a master's degree in Psychology and advanced clinical training in family, individual and couples' therapy, as well as trauma and crisis intervention. Tatiana has been working in the mental health field for over 25 years in a wide variety of settings across Ontario.